



HOUSTON FIRE DEPARTMENT

MEDIA ALERT

EMERGENCY MEDICAL SERVICES

Saving Lives and Protecting Property

FOR IMMEDIATE RELEASE

DATE: 11.16.2005

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SKYSCRAPER RESCUE

HFD EMS HOLDS REUNION WITH CARDIAC ARREST SURVIVOR

Today, 11:30 a.m., Wednesday, November 16, 2005 @ One Shell Plaza, 910 Louisiana St.

WHAT: HFD EMS will hold a reunion with a cardiac arrest survivor, HFD crewmembers and individuals who helped him survive.

WHEN: 11:30 a.m., Wednesday, November 16, 2005

WHERE: One Shell Plaza, 45th floor, 910 Louisiana Street, 77002 Houston TX *Parking for media is available in the Two Shell Plaza Parking Garage, with entrances on Louisiana and Milam (in the block between Rusk and Walker). Parking tickets will be validated.*

DETAILS: According to his coworkers, James Russom, an accountant for a major oil-and-gas company headquartered downtown Houston, was at the office printer picking up a print job Wednesday, August 4, 2005 when he fell and hit the edge of the machine. Russom fell to the floor, papers tightly clutched in his hand. Co-workers, whom Russom refers to as his guardian angels, went to Russom's side. Russom's heart had stopped beating. He was in cardiac arrest. One of Russom's coworkers recalled that an Automatic External Defibrillator (AED) was installed on the 45th floor. They followed the instructions in the manual and applied the defibrillator to Russom's chest. Russom's heart returned to a normal rhythm. HFD members arrived within minutes and conducted advanced life-support procedures. When Russom was stabilized, the HFD crew transported him to a local hospital where he received further treatment.

Russom does not recall anything about his heart attack. He referred to the Outlook calendar on his office computer to see an August 4, 2005 appointment he had made, and said, "I don't remember that meeting. My most vivid memory about my heart attack is about a week later when I heard someone say, 'Well, it's time to go home now.' I looked around amazed to find that I was in a hospital."

Plans are underway at the oil-and-gas company to install defibrillators on every floor.